

**For more information on Fitness,  
contact:**

**Mike Ochranek or Janese Lewis-Blanc**

Phone: 301-286-8404

Email: [Michael.J.Ochranek@nasa.gov](mailto:Michael.J.Ochranek@nasa.gov)

or by visiting the website:

<http://internal.gsfc.nasa.gov/web/services/fitnesscenter>

**For more information on Medical,  
contact:**

**Terrence Bidnick, M.D., M.P.H.,**

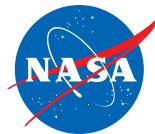
GSFC, Medical Director

Phone: 301-286-6666

Email: [Terrence.A.Bidnick@nasa.gov](mailto:Terrence.A.Bidnick@nasa.gov)

or by visiting the website:

<http://internal.gsfc.nasa.gov/web/services/healthunit>



Goddard Space Flight Center  
8808 Greenbelt Road  
Greenbelt, MD 20771

Goddard  
FITNESS

**Medical  
and  
Fitness  
Services  
Available for  
Summer  
Students**

Goddard  
MEDICAL

## Health Services for Summer Interns

1. Students are not eligible for medical treatment at the GSFC Health unit, however, emergency diagnosis, consultation, and first aid treatment for any injury or illness shall be provided to all persons at GSFC.
2. Emergency services are intended to provide immediate and effective medical care for GSFC employees, contractor personnel, students, and visitors in order to save lives, relieve suffering, stabilize, and minimize disability.
3. Written consent of parent(s) or legal guardian will be obtained prior to treatment of minors.
4. A Health Care Statement of Responsibility Agreement must be signed.
5. If medical services are required, the GSFC Health Unit personnel will refer students to nearby medical facilities which operate on a fee-for-service basis. The following facilities are in the immediate area:
  - a. Metropolitan Medical Specialists  
8116 Good Luck Road, Suite 300  
Lanham, Maryland 20706  
240 241-7474 (office)  
240 731-5133 (fax)
  - b. Doctor's Community Hospital  
8118 Good Luck Road  
Lanham, Maryland 20706  
301-552-8118

NOTE: Students may choose any medical facility.

*Goddard*  
**MEDICAL**



**Unplug From  
The Day-To-Day  
Activities of School**

**and**

**Plug into  
The World of NASA**



## Fitness Options for Summer Interns (18 and Older)

Monthly Membership available at  
The Goddard Fitness Center  
for \$20 a month offering:

- a. A fully certified Fitness Staff and exercise equipment such as treadmills, elliptical trainers, stationary bicycles, stair climbers, strength training machines, and free weights.
- b. Yoga, Pilates, Kick Boxing, Zumba, and Muscle Sculpting classes.
- c. Promotional offer of one week free for joining.

The Fitness staff will provide exercise instruction and keep you motivated while you work to improve your health and fitness.

Hours of Operation:  
6:00 a.m. – 7:30 p.m.  
Closed weekends and  
Federal holidays.

*Goddard*  
**FITNESS**